

Mindfulness and Trauma

with Pawan Bareja, Ph.D.

Saturday November 21st, 10am to 4:30pm

Against The Stream San Francisco, 2701 Folsom St, San Francisco, CA 94110.

www.againstthestream.org

In this daylong, you will start to work with the traumatic responses in your body, which can inhibit your daily life through stress and anxiety. You will be empowered to hold your trauma responses using somatic (body-based) skills and mindfulness meditation tools. Specifically, the mindfulness practices of loving kindness, compassion, sympathetic joy and equanimity will be used to help you free up your energy so you feel more settled, grounded and calm in your everyday life. All are welcome!

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Date:	Saturday November 21st, 10am to 4:30pm
Fees:	\$35-75 sliding scale, plus dana to the teacher.
Registration:	Online at www.againstthestream.org Or call 415.695.2864
Scholarship:	Nobody is turned away for lack of funds. Scholarships and work study are available
CE Credits:	Not Available